FAMILY LIFE

S.F.T.S. LIBRARY

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New Horizons For The A.I.F.R.

Ground was broken on September 18th for an addition to the Institute's building in Los Angeles which will almost double its floor space. The new structure should be completed shortly after the holidays and will give the Institute 34 rooms in which to carry on its work.

This will provide space to add Child Guidance to the Institute's counseling program. This has always been considered an integral part of family relations, but required more space and special facilities than the AIFR has had available in the past. With the new construction, there will be abundant, modern and complete quarters for work with children, as well as their parents. In addition to the usual offices, testing rooms, and consultation rooms, there will be two large play rooms, a painting room, an observation room with one-way vision, for the use of trainees, and a laboratory.

To increase the scope and effectiveness of the work with children, a woman's auxiliary is being organized under the direction of Mrs. Howard Nelson of Northridge, California. It will raise funds to make counseling possible for many families who may not be able to afford it for their children without some help. The Institute's work with children was developed independently by Dr. Fenna B. Simms, senior member of the counseling staff, but her death this spring deprived the Institute of her leadership. The auxiliary is named in her honor. A Director for the children's department has not yet been appointed.

Rapid increase in the number of persons applying for training in marriage counseling has required an increase in the staff to meet the additional teaching load, and Philip L. Smith, M.A., has been appointed assistant director of the Department of Counseling. Donald P. Wilson, Ph.D., who was long ago director of the Department of Research of the AIFR has also returned to the counseling staff and will conduct some of the training courses. Dr. Wilson was formerly head of the department of psychology at the University of Redlands, later professor of psychology at Los Angeles State College. He is known to a wide popular audience as author of the book, *My Six Convicts,* which was a best-seller and also made into a successful motion picture.

In order to promote more and better counseling, the Institute is prepared to train persons interested and qualified. At the present time more than 20 are in various stages of training or internship. A

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plicants are required to be (or to have been) happily married, to have at least a Master's degree in academic preparation, and to meet very high requirements of character, personality, and aptitude. The training course normally covers one year, but advanced standing may be given to those with wide previous experience.

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Research Notes

SUCCESSFUL ATTEMPTS have been reported, to diagnose the sex of the unborn human fetus by examination of cells from the amniotic fluid. Such a procedure offers a definite risk to the baby, however, especially during the early weeks of pregnancy, if a study of Daphne G. Trasler and collaborators at McGill University is significant. Puncturing the amniotic sac in pregnant mice resulted in abortion or malformation of the embryo in a large proportion of cases. (*Science*, Sept. 7, 1956.)

ALMOST one-half of all married couples have a child before the third year of marriage, and about three-fourths are started on their family life within the first five years. Age at marriage is not an important factor.

LESS THAN 20,000 midwives are now practicing in the U.S., compared with more than 60,000 a generation ago. Currently, more than 98% of all midwife deliveries occur in the 18 states of the South and Southwest (including New Mexico and Arizona.) In 1953 midwives delivered 129,480 live births, or 9.7% of the total, in those states, the proportion varying from 1.5% in West Virginia to as much as 30% in Mississippi. In only two states — Texas and New Mexico — do midwives deliver as much as 5% of the white babies. — "Hospital care and the vanishing midwife," by Paul H. Jacobson, Milbank Memorial Fund *Quarterly*, July, 1956.

IOWA DIVORCE RATE is about average for the nation and therefore may be suggestive of conditions in other states. Thomas P. Monahan found "the laboring class showing about four times as many divorces as one would expect from their share of the male occupations in Iowa, and the labor-service group combined, about three times its expectancy . . . Thirty-five percent of Iowa's employed were in the farm group but only 9% of the divorcees were farmers." — *Marriage and Family Living*, 17:322-324, 1955.

NUMBER OF HOUSEHOLDS in the U.S., which was 47,788,000 in April, 1955, will be somewhere between 61,584,000 and 67,378,000 in July, 1975, according to various methods of computation used by the Bureau of the Census.

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SPAIN abolished legalized prostitution, by a decree of March 23, 1956.

ITALY now prohibits any distinction between legitimate and illegitimate birth, in documents of identity. There are said to be, in the population of that nation, 2,000,000 persons born outside of marriage.

SEAMSTRESSES have the best chance to marry, of any German women, according to a survey that is said to have been carried out recently. Explanation given is that men are now looking for glamour more than for a good hausfrau, and that the seamstress is usually better dressed than the average woman.

MEETING FAMILY PROBLEMS ASSOCIATED WITH THE MENOPAUSE

by MRS. IRIS RICHARDSON, M.S.S.

The menopausal woman is a woman with a problem. In that, she does not differ from the rest of your practice. However, there are some specifics which I feel should go into every counseling case with a menopausal woman.

1. There should be medical cooperation. Physical examination should be given, examination for cancer, for repair jobs. The possibility of hormonal shots should be considered, as well as a prescription for one or more of the various tranquilizing drugs.
2. The counselor should be aware that the woman who brings menopause as a specific problem is saying in effect that she has had for a long time unresolved conflicts and needs help on an emotional level for her distortions.
3. The counselor will make a point to explore with the menopausal woman what she actually knows of sexual development, and will incorporate in the counseling work such knowledge as that sexual feelings will continue and that she may continue to enjoy her sexual role.
4. The counselor will point out that pregnancy during and even after menopause is not impossible and that birth control measures (if she has been using them) should continue.
5. The counselor should be encouraging in the area of helping the client to establish new interests or return to old interests.
6. The counselor will help the client in the area of how to be comfortable physically: how to handle hot flashes, should there be such; the advisability of short afternoon naps; keeping a comfortable diet to avoid excessive weight.
7. Depressions can be anticipated and inward angers recognized. Here medical cooperation in relationship to prescriptions is important, as well as ability to help the client through these periods.
8. Unexpected actings out, such as divorce, going into unknown businesses, should be related to emotional conflicts and worked through.
9. Pleasant sociality should be encouraged. The point can be made that in youth we are egocentric while healthily we should become more sociocentric in our maturing years, and that a real contribution by the client can be made in expanding social horizons and activities.
10. Contact with spouse is often desirable for the purpose of clarifying the fact that his wife is not "sick" and that she is going through a normal process. Encouragement should be given to him in the area of being warm, tender, outgoing to her. It may be necessary also to help him through periods in which his wife acts out hostilities.
11. The counselor will recognize that in our age-conscious culture, many women go through depression in admitting that they are 50-ish. Help should be given in the area of helping the woman to accept her age as an integral part of herself.
12. Discussion of children or grandchildren and the client's relationship to them should be held for the purpose of helping her to work through conflicts, as well as to enrich her own and

their lives.

13. The counselor should be aware that at times projective feelings may be encountered and it should be recognized by the counselor that this may pertain to the client's conflicted feelings of competitiveness or loss.
14. The counselor can be most helpful to a menopausal woman in helping her to recognize her feeling about being a woman.
15. In working with an actively depressed or agitated menopausal woman, the non-medical counselor should be actively working with a physician, in terms of medication, etc., as well as because of the slight possibility of suicide. Hence, the importance of working through depressed and angry feelings.
16. Economic discussions should be held so that the counselor can help the client to work through long-range economic plans. Direction can be given to proper authorities in this field.
17. The counselor will need to be encouraging as to the physical appearance of the client.
18. Encouragement toward intellectual interests, as well as developing an inquiring spirit toward life and death processes should be incorporated in the counseling process.
19. Talk of past events should be held for the purpose of clarifying present conflicts.
20. For the very last point, which should be considered as the first point, it is important that the counselor himself be quite clear as to his own feelings regarding menopause.

CASE HISTORY

Mrs. B. is a woman of 51. She was referred to counseling by a friend. At the time of her initial request for help she had impulsively left her husband and was living in a rented room. She was exceedingly depressed. Her husband was quite frantic about her leaving and could not understand why she was upset because her mother-in-law in all the 20 years of marriage had insisted upon a close relation with her son, although it was only in this last 18 months she had become actively upset about it.

There had been consistent rough spots in the marriage which had never been resolved. These questions had revolved around the handling of finances, the choice of a home, the kind of friends who came to the house. Up to the time of the temporary separation Mrs. B. had argued but had always acceded to her husband. She had left her profession of a church organist to become an office worker because she felt that she was not a top organist.

Counseling focused on:

1. Medical cooperation for appropriate medication;
2. Helping her to participate realistically in the family financial planning;
3. Increasing communication as to her desired in the matter of friends and home;
4. Helping her to realistically limit her mother-in-law's participation in the family;
5. Helping the husband to see his blind spots in the relationship;
6. Enlisting the husband's cooperation in being more flexible;
7. Wife returned to her original profession which gave her a real feeling of creativity.

(Abstract of a presentation on Aug. 9, 1956, at the ninth annual summer workshop in the techniques of counseling, at the AIFR.)

Inexpensive Pamphlets

THE CHURCH'S MINISTRY TO OLDER PERSONS, pp. 32, price 25c from Christian Board of Publication, Beaumont & Pine Blvd., Box 179, St. Louis 3, Mo.

MAN AGAINST DISEASE, pp. 18, free from Public Service Dept., Blue Cross Commission, 425 N. Michigan ave., Chicago 11, Ill.—"Textlet" for upper elementary and junior HS students.

PRIMARY SCHOOL PORTFOLIO, a dozen 4-pp. folders dealing with various home and school problems of children 6-8 years old; 10c each, complete set 75c from Assn. for Childhood Education International, 1200 15th st., NW, Washington 5, D.C.

LOOKING FORWARD TO SCHOOL, pp. 48, free on request to Medical Dept., Equitable Life Assurance Soc., 393 7th ave., New York 1, N.Y.

FEEDING LITTLE FOLKS, by E. T. McEnery and Margaret Jane Suydam, pp. 21, price 11c from Natl. Dairy Council, 111 N. Canal st., Chicago 6, Ill.

STEP LIVELY AND LOSE WEIGHT, folder, 3c from American Dietetic Assn., 620 N. Michigan ave., Chicago 11, Ill.

GOOD HEALTH — KEY TO BETTER LIVING, free from Public Service Dept., Blue Cross Commission, 425 N. Michigan ave., Chicago 11, Ill.—21-p. pamphlet for senior HS students.

SPARE-TIME JOBS FOR HIGH SCHOOL KIDS, folder, free from Natl. Child Labor Committee, 419 Fourth ave., New York 16, N.Y.

SOME FACTS ABOUT PUBLIC STATE TRAINING SCHOOLS FOR JUVENILE DELINQUENTS, pp. 39, price 25c from Supt. of Documents, U.S. Government Printing Office, Washington 25, D.C. — Results of survey by the Children's Bureau.

JUVENILE DELINQUENCY BULLETIN, Sept., 1956, Topic: Youth, Employment, and Delinquency, 5-p. mimeographed, price 15c from Big Brother Movement, 33 Union Square W., New York 3, N.Y.

MISSING: ONE PARENT, by John Charles Wynn, pp. 4, price 5c from Office of Adult Work, Presbyterian Board of Christian Education, Witherspoon bldg., Philadelphia 7, Pa.—Effects of divorce on children.

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For Sex Education

"On a recent trip to Southern California we learned that a large school district in the Los Angeles area has banned family life education from its curriculum on the ground that it is just another name for sex education . . . As long as sex education masquerades as something else it can not acquire the educational status which it should have as part of preparation for life. What is required is not an acceptable name for this aspect of education, but rather a more healthy attitude toward the word *sex* which makes a pseudonym unnecessary when including it in a family life education program. And it must be included, for the only way to create these healthy sex attitudes is through sex education itself."—Curtis E. Avery in *The Coordinator,* March, 1956. ●

Pre-Marriage Education Planned in France

The School of Parents, a French organization with headquarters in Paris and branches in other parts of the country, has during the past four years been carrying on a systematic educational program for young men and women planning to marry. This consists of two parts: a general treatment of personality with special emphasis on the need of emotional maturity, and what might be called technical information concerning marriage.

The first section deals with family life education in general, but concentrates on two areas. One of these covers the development of autonomy, that is, independence, initiative, acceptance of personal responsibility, capacity for making decisions, and emotional weaning from parents. The other covers the development of altruism, that is, the ability to give as well as to take, and the willingness to consider the happiness of others rather than seeking merely personal security, infantile satisfaction, and egoistic comfort. Young people are helped to understand the importance of these two areas, to analyse their own stage of development, and to strive for self-improvement.

The second section deals specifically with the personality of the intended partner. Many difficulties arise in marriage because the partners do not understand each other and, for example, interpret a difference in the way affection is expressed, as a lack of affection. Stress is put on the differences in the psychology of the two sexes, on the physiological relationships, and on the possibility of balancing conjugal life with the necessary social and professional activities outside the home.

While the psychological aspects of preparation for marriage are thus emphasized, the School insists also on the the need for practical information that will promote good home management,—handling the finances, finding efficient methods of housekeeping, and understanding the extensive legislation which, in France, bears on so many phases of family life. Finally, attention is directed toward moral and religious topics. — Summary of report presented to the International Union of Family Organizations.

Heredity and Tuberculosis

Whether there is an inherited low resistance to tuberculosis has long been disputed. On the basis of animal studies and observation of many families, biologists have steadfastly insisted that the inborn constitution is an important factor. Many physicians and sociologists, on the other hand, have denied this. One of the world's leading authorities on the subject is O. von Verschuer, who has been studying twins, in relation to tuberculosis, for nearly 30 years. Many of those whom he examined earlier have now been restudied by Helmut Mitschrich, who was able to follow the histories of 102 pairs for 20 years, and has added to this series more than 500 other pairs of twins in Switzerland, Argentina, and the U.S.A. If an identical twin had tuberculosis, there were three chances in four that his co-twin would also have it. If an ordinary twin had tuberculosis, there was only one chance in four that the co-twin would also have it. Such evidence is, to geneticists, strong proof that heredity is an important factor in the predisposition to tuberculosis. *(Zwillingstuberkulose III,* von H. Mitschrich. Pp. 78 (no index), paper covers, from Gustav Fischer Verlag, Stuttgart, Germany, 1956.)

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THE DYNAMICS OF AGING, by Ethel Sabin Smith. Pp. 191 (no index), price $2.95 from W. W. Norton & Co., 55 Fifth ave., New York 31, N.Y., 1956.

A sound, scholarly, but very readable discussion by the emeritus professor of psychology and philosophy at Mills College, Oakland, Calif. Dr. Sabin writes primarily not for professional psychologists, but for men and women of all ages who want to deal successfully with one of the great problems of modern life.

Around the World

BRITISH ARMY, an Italian journal asserts, distributed to its young married soldiers a booklet which, among other pieces of sage advice, counseled them: "Don't display pin-up girls. Have with you at all times an attractive picture of your wife. Write frequently to your mother-in-law, the guardian angel of conjugal happiness." In barracks language, "That's telling 'em."

ONLY CHILD has been studied in Israel by Dr. M. Brachjahu, who got answers to six questions on school behavior and 15 on personality and temperament, from high school pupils. He found none of the handicaps which are popularly supposed to be frequent among Onlies in the U.S. and Europe, and concluded that the good showing made by these Onlies was a result of the influence of the kindergartens in Israel.—*Acta Paedopsychiatrica,* Basel, Switzerland, Feb., 1956.

SPEECHLESS MOTHERS might have some advantage as child disciplinarians, according to the experience of Mrs. Maria Richthone of Chili. Due to a growth in her throat, she was ordered by her physician to maintain absolute silence for six weeks. She reports that her children were much less difficult to manage than before; that sounding a bell was a satisfactory substitute for long discussions and arguments; and she concludes that the average mother talks a great deal too much and uselessly to her offspring. — *Rumbos,* Santiago de Chile, Nov.-Dec., 1955.

SCARCITY OF CHILDREN'S TOYS has become a question of high policy in Russia. They represent one of the conspicuous features of the general scarcity of consumers' goods, denounced by both popular and governmental publications. The editor of *Family and School* declared, "It is unfortunate that the Minister of Education does not recognize the importance of education, in the bosom of the family, for the formation of work habits in children; he gives no serious attention whatever to the matter of toys for children." The problem finally came up at the highest level in the Congress of the Central Praesidium of the USSR, where the secretary general of the Komsomol, comrade A. N. Chelepin, called on every appropriate branch of the government to improve the quality and quantity of toys for the young.

ITALIAN MARRIED COUPLES who said they were unhappy were asked the reasons, in a public opinion poll. About 40% cited financial difficulties as the outstanding cause. Most of the other explanations were associated with defects of character and personality.

THE MAGIC POWER OF YOUR MIND, by Walter M. Germain. New, revised, and enlarged ed., pp. 301, price $4.95 from Hawthorn Books, 70 Fifth ave., New York 11, N.Y., 1956.

"Inspirational" book, stressing the importance of the "supraconscious." Mr. Germain was for many years superintendent of the Crime Prevention Division of the Saginaw, Mich., police department.

TO FOSTER the companionship of father and son, Natl. Board of the YMCA has published *The Father and Son Y-Indian Guides,* an attractive paper-bound book of 125 pp. First tribe was organized in 1926. Among the incidental activities encouraged is the teaching of social hygiene. The book ($1.25) can be had from Association Press, 291 Broadway, New York 7, N.Y.

NEW BOOKS IN BRIEF REVIEW

THE NATURAL CHILDBIRTH PRIMER, by Grantly Dick Read, M.D. Pp. 52, price $1.50 from Harper and Brothers, 49 East 33d st., New York 16, N.Y., 1955.

This is a condensed version of the theory and practice of natural childbirth to be recommended highly to the many who have criticized Dr. Read on the basis of second-hand information. Concerning pain Dr. Read says: "Some women have their babies with no pain, but there is a certain amount of discomfort in most first labors, either backache or stretching feelings." Concerning success he says: "It is no shame on a woman if she is not successful. We are not all made alike and success depends as much on the standard of teaching, care and treatment she gets as upon her." The book contains some excellent illustrations (and one very poor one), superb instruction in relaxation, and respiration techniques for labor and delivery. The five pages on hygiene are seriously inadequate partly due to brevity, but also partly to Dr. Read's apparent unwillingness to accept recent findings in nutrition research. Despite its weaknesses this volume would be of immense benefit to every woman expecting a baby.—Mary Jane Hungerford, Ph.D.

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PHYSIQUE AND DELINQUENCY, by Sheldon and Eleanor Glueck. Pp. 339. price $6 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1956.

In 1950 the authors (Harvard Law School) published *Unraveling Juvenile Delinquency,* in which they compared the careers of 500 serious delinquents with 500 non-delinquents closely matched. This new book takes up another aspect of this great study, namely, constitution or body-build as described by the classification of W. H. Sheldon. The mesomorph (bone-and-muscle) type is found to predominate among the delinquent. It "presents a portrait of an essentially sturdy physical and nervous and emotional structure, with a tendency to express impulse in action." It was twice as common among delinquents as among non-delinquents. Dr. and Mrs. Glueck speculate on the reasons for this, and have analysed the findings in great detail. They believe understanding of differences of physique may help both in the management and in the prevention of juvenile delinquency; but they warn that "little progress can be expected in the prevention of delinquency until family life is strengthened and enriched by a large-scale, continuous, and pervasive program designed to bring to bear all the resources of mental hygiene, social work, education, and religious and ethical instruction upon the cradle of character, the home."

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SUCCESS IS WITHIN YOU, by Howard Whitman. Pp. 288 (no index), price $3.75 from Doubleday & Co., 575 Madison ave., New York 22, N.Y., 1956.

While this falls in the group of "inspirational" volumes, it is based more on actual experiences and sound psychological principles, than are most of the books in that category. It is not only very interesting but very profitable reading. Mr. Whitman is a professional writer who has specialized in mental health.

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AMERICAN YOUTH IN TROUBLE! by Henry Rische. Pp. 158 (no index), price $2.50 from Fleming H. Revell Co.,

Westwood, N.Y., 1956.

The author is a newspaper reporter and pastor, now editor of the family magazine, *This Day*. He belongs to the alarmist school, in his discussion of Juvenile delinquency; but the facts he brings forward can not be laughed off. While he sees a return to religion as the most important step needed, he does not fail to stress the importance of family life.

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DYNAMIC PSYCHIATRY in simple terms, by Robert R. Mezer. Pp. 174 (paper covers), price $2.50 from Springer Pub. Co., 44 E. 23d st., New York 10, N.Y.

Dr. Mezer (Harvard Medical School) writes this textbook for medical and nursing students. It covers the conventional ground, from a definitely psychoanalytic point of view, with a long concluding section on the normal personality.

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YOUR KEY TO HAPPINESS, by Harold Sherman. Pp. 171, no index, price $2.95 from G. P. Putnam's Sons, 2 W. 45th st., New York, N.Y., 1956.

New edition of an "inspirational" book first published in 1945. Mr. Sherman, a writer by profession, is also author of "Your Key to Married Happiness." He is concerned with the Subconscious Mind, and has made research on "thought transference."

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LIFE AND LOVE, by Clyde M. Narramore. P. 186, paper covers, no index, price $1.50 from Zondervan Pub. House, Grand Rapids, Mich., 1956.

Dr. Narramore, described as a Christian psychologist, offers a loosely organized but generally very sound discussion of sexual problems, from the point of view of a Protestant. The first 50 pages are devoted to problems of young people who want to make friends and be popular.

RECORD-EZE, by W. H. Jones. Paper covers, price $1.25 from Record-eze Blanks, Box 633, Chapel Hill, N.C., 1956.

A large folder for the convenient keeping of important family information, records, and data,—the individual's educational record, business and personal matters, and family history. Every family would profit by keeping such information systematically, in such permanent form.

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THE PSYCHOLOGY OF OCCUPATIONS, by Anne Roe. Pp. 340, price $6.75 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y., 1956.

Described as the first systematic attempt to interpret occupational life in terms of individual dynamics, this book is intended as a college text but contains an immense amount of information of general interest. It should be important in promoting successful family life, since good vocational adjustment is fundamental. Beyond that, any husband or wife might profit by the descriptions of characteristic personalities associated with various occupations. The girl who marries a biologist would understand her husband better and deal with him more intelligently if she read Dr. Roe's description of what a successful biologist is like; and so on down the list. The author calls for more research on the effect of family influences, but the work already done shows, as one might expect, that the man with a good home adjustment in early life is likely to make a better work adjustment in later years. It is interesting to find that affection for father seems to be much more significant than affection for mother. Dr. Roe is chief of the psy-

chology training unit at the VA hospital in Montrose, N.Y.

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CRESTWOOD HEIGHTS, a study of the culture of suburban life, by John R. Seeley, R. Alexander Sim, and Elizabeth W. Loosley. Page 505, price $6.50 from Basic Books, 58 4th ave., New York 3, N.Y., 1956.

Selecting a suburb that they think might be typical of almost any in the United States (although it seems actually to be at Toronto), the authors studied for five years every aspect of daily living in it. The family gets one chapter. While the book is "professionally oriented," any reader will find it extremely interesting. It is not necessary to suppose that everyone will accept all the authors' findings as correct, either in "Crestwood" or anywhere else. Dr. Seeley is now director of community surveys in Indianapolis.

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THE MAGIC OF BALANCED LIVING, by John Tebbel. Pp. 271, price $3.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1956.

"A man's key to health, well-being, and peace of mind" is written by the chairman of the department of journalism at New York University. Much of it is a popularization of current medical knowledge. Some of his discussion is inadequate, as for example his statement that "psychic impotency is most often caused by (1) poor feminine hygiene, (2) disinterest, and (3) financial difficulties." All three of these are, in reality, unimportant, as any experienced marriage counselor knows. But the book contains a great deal of sound advice and information, written in a style that is easily read.

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CARING FOR THE SICK CHILD AT HOME, by Marion Lowndes. Pp. 157 (no index), price $3 from the Westminster Press, Witherspoon bldg., Philadelphia 7, Pa., 1955.

A professional writer, herself a mother, gives very detailed and specific information for parents who must care for a child during illness.

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DYNAMICS OF PSYCHOTHERAPY (The Psychology of Personality Change), Vol. I, Principles, by Percival M. Symonds. Pp. 211, price $5.50 from Grune & Stratton, 381 Fourth ave., New York 16, N.Y., 1956.

This is the first part of what will be a treatise in three volumes. The second will deal with Process, the third with Procedure. Dr. Symonds (professor of education, Teachers College, Columbia University) here considers the cases in which psychotherapy should and should not be used, discusses the nature and dynamics of neurosis in detail together with spontaneous recovery, outlines the goals of psychotherapy and ends with a chapter on some theoretical issues. He distinguishes three levels of procedure: education, counseling, and psychotherapy — beyond the last-named being the domain of psychiatry. Dividing lines between these three levels can not be sharp. Counseling, in his view, "is adapted for a normal person who is striving to live in a difficult or intolerable situation" and needs individual help. In psychotherapy the difficulties that confront the client "are of a somewhat more serious nature"; one is dealing with an abnormal personality that cannot adjust well in a normal environment. The volume concludes with 25 pages of annotated bibliography. The book is a model of good writing, and anyone interested in human nature will enjoy and profit from it.

DON'T LET ANY YOUNG MAN

go into the Armed Services or industry, without preparation to meet new attitudes toward sex, lax standards of personal ethics, and possibilities of exploitation that he is certain to encounter. The Institute's pamphlet No. 23,

BUILDING SEX INTO YOUR LIFE

was prepared particularly to help these young men (and it is equally valuable for young women!) Chaplains ordered it by the thousand, during the last war. It is required reading in many high schools. Dr. S. R. Laycock, head of the department of psychology at the University of Saskatchewan and former president of the Canadian Federation of Home and School says:

> "I wish that a copy of Popenoe's **Building Sex Into Your Life** could be placed in the hands of **every** young man of sixteen years of age and over. It would save many from inadequate conceptions of love and marriage—conceptions which lead them to disaster. Those who object to the straight-forwardness of this pamphlet should consider the kind of sex information now received—information that is usually mis-information but at best shrouded in wrong attitudes towards love and marriage."

If you know a young man who is going into the service, give him a copy of this pamphlet. If you are associated with any boys' club, any class or society of young men, see that each one has a copy. It will help them to understand themselves and to understand others.

The price is only 25c per copy;
$2.50 per dozen, or $15 per 100.

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